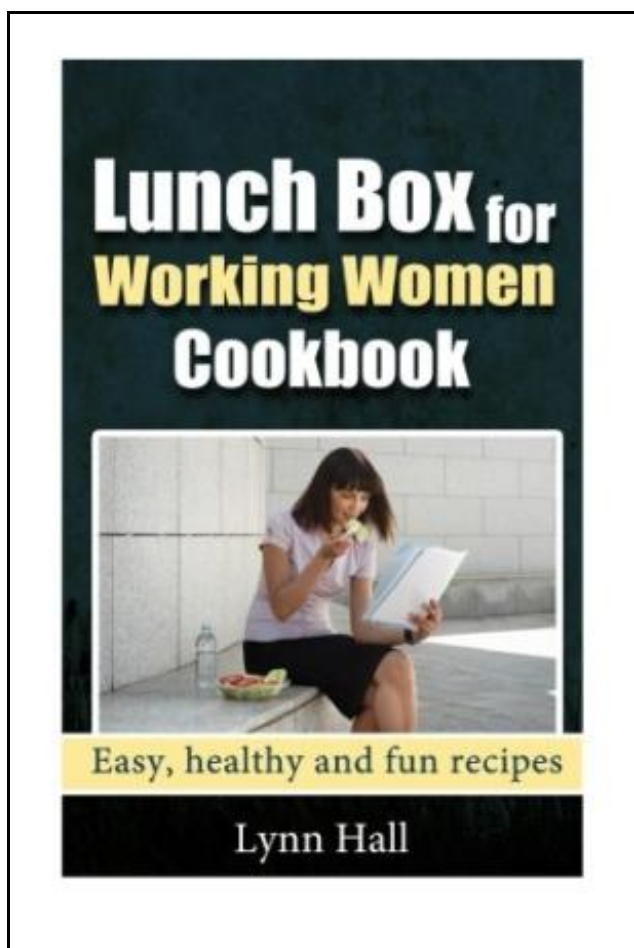


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CreateSpace Independent Publishing Platform. Paperback. Book Condition: New. This item is printed on demand. Paperback. 46 pages. Dimensions: 9.1in. x 5.9in. x 0.2in. Authored by Lynn Hall, Lunch Box for Working Women Cookbook: Easy, healthy and fun recipes provides a cookbook that offers recipes of every variety and flavor to motivate you to not only want to pack your lunch, but look forward to opening the lunch box at break time. While this is not a cookbook that follows any certain diet trend or fad health craze, it is focused on health and wellness through fueling the body correctly. Inside I have provided a selection of recipes for snacks, sandwiches, soups, salads, wraps, and more. You will find recipes that offer whole wheat, as well as gluten-free options. The recipes include lots of vegetables and delicious treats we love without all the fattening calories and added preservatives. You will find some Paleo-esque recipes as well as some vegetarian, meat-lovers, and comfort food fixes. The book contains many recipes including: Snacks such as Kale chips and Maple Banana Granola bars; Wraps such as Plantain and Avocado Chicken; Salads including Avocado Steak and Mandarin Chicken; Sandwiches such as Pizza Croissant Roll-ups and Gourmet PB and J; Soups including French Onion and Black Bean Chili; Plus many more recipes. Note your favorites, but try them all! Each one has nutritional information and serving sizes for your convenience as planning ahead is a great way to do lunches so that you aren't rushed early in the morning. Scroll Up and Grab a Copy Today! This item ships from La Vergne, TN. Paperback.



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